

# Veteran Navy Rowing Coach Proclaims Four-Mile Race Less Injurious Than Shorter Ones

## Crews Prefer Long Distance, Says Glendon

Declares Strain on Men Is Much Greater When Top Speed Is Demanded

By Richard J. Glendon

Coach of Naval Academy crews for last seventeen years. In 1920 the Midshipmen won the intercollegiate championship, and broke the world's record for the Henley distance of 1 1/2 miles in winning the championship of the universe at the Olympic Games.

Numerous critics of rowing have time and again pronounced long distance races as injurious to the participants. A four-mile boat race is called too long a race, while in the running game twenty-five miles is not considered too long a distance to run, provided the runners are properly trained.

A boat race of a mile and a quarter is considered a sprint race by rowing experts, which may be likened to the 440-yard race in running; while a four-mile boat race is a long distance race, as compared to the twenty-five-mile running race.

I agree with other commentators on the subject that more harm than benefit is derived from entering a four-mile boat race with insufficient training. But the same may be said of any other branch of sport.

On the other hand, I share the opinion of many others that a four-mile boat race is easier to row than the Henley distance race. The Henley is one mile and 550 yards and the oarsmen in rowing this race are compelled to go at top speed the full distance, crossing the finish line just before they get their so-called "second wind."

Less Strain in Long Race

In the four-mile event, after the initial spurt, the stroke is dropped to a steady pace and the oarsmen are able to finish, and at no point in a four-mile race does the stroke approach the speed of that used in the Henley distance.

The strength of the oarsman is let out gradually over a long distance, while in the short races a sudden and severe call is made upon his resources, which is undoubtedly a strain.

It is an accepted fact that it is more beneficial to spread any form of exercise, moderately over a long period of time, than to crowd it into a short space of time.

I do not mean by this that short races are injurious. They are not, provided, of course, that the participants are properly trained. A man who never runs may develop heart trouble by running one hundred yards as fast as he can.

I have taken a position all my life to observe the effects of vigorous exercise upon men of different grades of physique, and have noticed that if proper attention is given to training, a man who never runs may develop heart trouble by running one hundred yards as fast as he can.

The members of the world's championship eight-oared crew of 1920 can be quoted as saying that they would not have been able to win a race of a mile and a quarter, but that they would have won a race of four miles.

Inasmuch as the oarsmen themselves consider it in this light, I do not understand how numerous critics, many of whom are well known, can contradict themselves in a position to say much about it.

It is my candid opinion that much of the opposition to the four-mile race is fostered by young medical prodigies looking for a reputation.

If some of the knackers of long-distance boat racing would turn their attention to the fact that a man who weighs 180 pounds, has an easy style and rows with fine precision, a crippled or long-distance runner, a pastime which "Spillikins" and "Bingo" have found profitable with presenting him with a bald head at the age of twenty-eight years, they would, no doubt have a better and much more deserving field for action.

**Dawson to Give Nebraska Spring Football Practice**

LINCOLN, Neb., March 26.—Fred T. Dawson, Princeton graduate and former coach of the Columbia football eleven, has been selected as head gridiron instructor for the University of Nebraska. He will assume the duties of his new position in April, holding at that time spring football practice for the Cornhusker players. Coach Henry F. Schell, who has been at the helm of the Nebraska football team for the last two years, will remain at the local school as team doctor.

Coach Dawson will come to Nebraska equipped with nine years' experience in coaching the three major sports—football, basketball and baseball. He was head coach for a five-year term at Union College, Schenectady, N. Y. During the war he returned to Princeton and was head coach of freshman athletics there for two years. Attracted by his successful coaching, Princeton tendered him the head coaching job, which he accepted in 1915. He remained at Columbia during two seasons, resigning in 1919 because of ill health.

Coach Dawson's teams at Union College won 70 per cent of their intercollegiate victories in the three sports. At Columbia, in 1917, his football team won the national championship in basketball team defeated Yale and other prominent Eastern opponents. His basketball team turned in a winning percentage of 80 in intercollegiate games. His Columbia football team in 1918 played Brown University to a tie after Brown had played a tie game with Dartmouth, rated as football champion of the East that season.

**Tigers Expect to Train at San Antonio in 1922**

SAN ANTONIO, Tex., March 26.—It is almost a certainty that the Tigers will be training at San Antonio in 1922. Excellent results were obtained during the short stay that Manager Cobb is strong for the location and the ideal climate that prevails. Ever since the team started work the weather has been so fine that even the native sons of California admit that the Golden Gate state has a rival when it comes to getting abundant sunshine.

The Board of Commerce has agreed to do anything possible to better conditions next spring if the Tigers come back, and since Cobb is delighted with all other conditions that tend to physically fit a ball club, likewise President Navin, it looks very much like the Tigers will entertain and be entertained by the good folks here again next year.

## Champions Entered in Knights' Athletic Carnival



## Oxford Again Second Choice in Boat Classic

Cambridge Rules Favorite in 72d Struggle for Supremacy of the Thames

By Arthur S. Draper

SPECIAL CABLE TO THE TRIBUNE LONDON, March 26.—The struggle for the supremacy of the Thames, which had its inception eighty-two years ago, will be resumed next Wednesday when the boat crews of Oxford and Cambridge meet for the seventy-second time. The race, which will be held on the four and one-half mile route, is the greatest sporting event in all England, barring possibly the Derby at Epsom Downs. It is expected that 150,000 persons will witness the race.

Cambridge has a slight edge in the number of victories, having triumphed thirty-nine times to thirty-two for Oxford. The 1877 conflict resulted in a dead heat and there were no races in 1915-16-17-18, when all sports in Great Britain were discontinued because of the war. Last year Cambridge won by four lengths at the last time. While Wednesday's race is sure to be hotly contested, the Cambridge boat has been made a slight favorite in the betting.

**Cambridge a Favorite**

Cambridge appears to have a better balanced eight than its opponent, the latter's greatest difficulty being in developing a stroke capable of driving the boat. Cambridge's stroke is sure to be the selection, but neither at stroke nor bow does Oxford compare favorably with the Cambridge seating. It is the superiority of the Light Blues in these departments that has caused many of the critics to give the edge to Cambridge.

One American will participate in the race. He is E. B. Lothrop, a member of the Harvard varsity crew last year who is a Rhodes scholar at Oxford. Lothrop has shown to good advantage in the trials and is expected to be a big factor in the struggle. He weighs 184 pounds, has an easy style and rows with fine precision.

Still another reason why Yankee crews abroad are evidencing unusual interest in the race is the fact that Oxford and Cambridge have been invited to compete in the Poughkeepsie regatta, to be held on June 22.

**Crews May Race in United States**

Whether both crews will make the trip to the United States or whether they will combine, as they did in the Olympic games, is problematical. In fact, it is not certain that the universities will accept the invitation to compete against the big American colleges.

The members of the English crews, however, are anxious to make the trip. The United States Navy eight, which forced the world's record to win at the Olympic games is not satisfied with the result and the margin of victory was only a half-boat length.

The crews probably will be boated as follows:

CAMBRIDGE		Pounds.	
Row—H. O. C. Borel	172	Stroke—H. O. C. Borel	172
Two—A. B. Ritchie	187	Two—A. B. Ritchie	187
Three—W. B. Playford	184 1/2	Three—W. B. Playford	184 1/2
Four—A. Campbell	187	Four—A. Campbell	187
Five—H. J. Jones	187	Five—H. J. Jones	187
Six—P. H. G. H. Hartley	184	Six—P. H. G. H. Hartley	184
Seven—L. E. Stephens	176	Seven—L. E. Stephens	176

OXFORD		Pounds.	
Row—P. Maitland	181	Row—P. Maitland	181
Two—F. B. Lothrop	184	Two—F. B. Lothrop	184
Three—D. T. Raikes	182	Three—D. T. Raikes	182
Four—W. B. James	184 1/2	Four—W. B. James	184 1/2
Five—G. O. Nickalls	171	Five—G. O. Nickalls	171
Six—W. H. Porritt	172	Six—W. H. Porritt	172

**Columbia Nine to Play 13 Contests at Home**

Below is given the official revised baseball schedule of Columbia University, as announced recently by the graduate manager of athletics. Of the nineteen games scheduled thirteen will be played at home. All home games will be played on South Field, Broadway and 116th Street.

At home: April 4, at home; April 11, at home; April 18, at home; April 25, at home; May 2, at home; May 9, at home; May 16, at home; May 23, at home; May 30, at home; June 6, at home; June 13, at home; June 20, at home; June 27, at home; July 4, at home; July 11, at home; July 18, at home; July 25, at home; August 1, at home; August 8, at home; August 15, at home; August 22, at home; August 29, at home; September 5, at home; September 12, at home; September 19, at home; September 26, at home; October 3, at home; October 10, at home; October 17, at home; October 24, at home; October 31, at home; November 7, at home; November 14, at home; November 21, at home; November 28, at home; December 5, at home; December 12, at home; December 19, at home; December 26, at home; January 2, at home; January 9, at home; January 16, at home; January 23, at home; January 30, at home; February 6, at home; February 13, at home; February 20, at home; February 27, at home; March 6, at home; March 13, at home; 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